



# Small Changes, Big Impact: On the Right Path

Creating a walking path at or near a worksite can appear to be an overwhelming task. Finding a setting, designing it, and acquiring and laying down path materials can appear to be beyond the scope of physical and economic possibilities for most businesses. Yet making a walking path does not require an engineering degree, a large budget, or even the creation of a new path. What is needed may be right before our eyes.

## Existing Paths



Paths may already exist near your place of business. Look for routes at a safe park nearby or along well-kept sidewalks around your workplace. Identify routes using a distance measuring device, a mobile mapping application (e.g., [mapmywalk.com/app](http://mapmywalk.com/app)), or a free online distance calculator (e.g., [MapWalk.com](http://MapWalk.com)).

## Inexpensive Paths

If a safe, accessible path does not exist nearby, be creative and make one. Businesses in rural towns may not have sidewalks but may have an adjacent field; consider mowing a path or laying down inexpensive path materials.



A common barrier to walking is bad weather. Extreme temperatures and wet conditions can affect one's ability to take a walk. One way to address this concern is to create an indoor path. If your facility is large enough, you may be able to map out a route. A loop as little as 1/10<sup>th</sup> of a mile can be a useable space for walking. When creating an indoor path, be mindful of working spaces and work-related uses of corridors.



## If You Build It, Will They Come?

Encourage path use with these strategies:

- Making more than one route available to accommodate abilities; when possible, make sure one path is easy and accessible for all.
- Providing path maps to employees.
- Placing inspirational signs or distance markers along the path.
- Encourage use through policy and/or example (e.g., allow/hold walking meetings).



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